



ORRHS Guidance Newsletter

Current Guidance Happenings

Week 2 Advanced Placement Exams - May 12-16



AP Exams continue this week. AP students should check their email for exam locations and arrival times. All AP students MUST check that they can log into their College Board Accounts before their exam day. They must also have a charged school device along with two pencils and pens (in blue or black ink) on test day.

Check out these useful resources here:

[AP Exam Dates](#)

[What to bring and not to bring on AP exam day](#)

[What to Know about AP exams](#)

[Digital Testing](#)

[Specific Course Info](#)

ORR School District Project GROW Parents' Group Scholarship - Due by May 16, 2025

Project GROW (Getting Ready for Our World) is the integrated preschool program that serves the Old Rochester Regional School District. The program offers a challenging and developmentally appropriate preschool experience to students with and without special needs. Since 1989, the Project GROW Parents' Group has raised money to award scholarships to graduating seniors to further their education. Two scholarships are awarded each year - one to a student with special needs and one to a student without special needs. Any graduating senior that attended Project GROW for preschool is eligible to apply. **See your guidance counselor ASAP to apply.**

2025 FUTURE LEADERS SCHOLARSHIP - FOR THE CLASS OF 2026



Application Opens JULY 1, 2025

Application Deadline: OCTOBER 9, 2025

Apply at www.baystategames.org/future-leaders-scholarship

The future leaders scholarship aims to identify students who will be tomorrow's leaders.

Baystate games is proud to award these scholarships of a minimum of \$1,000 in 2025 to SIX deserving Bay State Games student athletes. Over the past 30 years, nearly 400,000 has been distributed to students who wish to continue their education.

Applicants must meet the following requirements.

- a member of the class of 2026 a resident of massachusetts and/or student at a secondary school in massachusetts
- past participation in the bay state winter or summer games or high school ambassador program is not required but recommended

REQUIRED MATERIALS

- Completed application form.
- Two letters of recommendation (emailed to scholarships@baystategames.org)
- Official school transcript through junior year (emailed to scholarships@baystategames.org)

Extended Scholarship

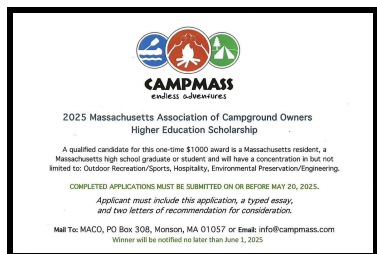
The Mattapoisett Land Trust is extending its deadline for applications for the Blanche B. Perry Scholarship to **May 19, 2025**. The scholarship is available to a Mattapoisett resident graduating from ORRHS, Bishop Stang, Tabor Academy, or Old Colony and pursuing education in the sciences and/or environmental studies or a related field. Application forms are available at the Mattapoisett Land Trust website:

<https://mattlandtrust.org/education/grants-and-scholarships/>. Interested students should see their guidance counselor ASAP to apply.

Local Scholarship Award Letters

Local scholarship award letters are due to the guidance office by **Monday, May 19th**. Please submit a copy or email your award notification(s) to your guidance counselor by the deadline if you would like to be recognized on the scholarship recipients list. (This list is for local scholarship awards only, not college/university scholarship awards.)

New Scholarship - Massachusetts Association of Campground Owners Higher Education Scholarship



A qualified candidate for this one-time \$1,000 award is a Massachusetts resident, a Massachusetts high school graduate or student and will have a concentration in but not limited to: Outdoor Recreation/Sports, Hospitality, Environmental Preservation/Engineering.

COMPLETED APPLICATIONS MUST BE SUBMITTED ON OR BEFORE MAY 20, 2025. See your counselor ASAP if you want to apply.

Applicant must include this [application](#), a typed essay, and two letters of recommendation for consideration. Mail To: MACO, PO Box 308, Monson, MA 01057 or Email: info@campmass.com. Winner will be notified no later than June 1, 2025

SAT Registration Information

[Sign up for SAT's here](#)

- Register by **May 22nd** for the June 7th test

Save the dates for 2025-2026:

- August 23rd, 2025
- September 13, 2025
- October 4th, 2025
- November 8, 2025
- December 6, 2025
- March 14, 2026
- May 2, 2026
- June 6, 2026

Scholarships

You can find AVAILABLE SCHOLARSHIPS in the Guidance Office and also on the Guidance website. Visit the [guidance page](#) on the school website and click on Scholarship Information on the right side of the page. Scholarships are updated often, so check back regularly.

Career of the Week

CAREER OF THE WEEK ENVIRONMENTAL SCIENTIST



<https://www.bls.gov/ooh/>

WHAT DO THEY DO?

- DETERMINE DATA COLLECTION METHODS FOR RESEARCH, INVESTIGATIONS, AND SURVEYS
- COLLECT AND COMPILER ENVIRONMENTAL DATA SAMPLES FOR SCIENTIFIC ANALYSIS
- ANALYZE SAMPLES, SURVEYS, AND OTHER INFORMATION TO IDENTIFY AND ASSESS SOURCES OF ENVIRONMENTAL POLLUTANTS OR HAZARDS
- DEVELOP PLANS TO PREVENT, CONTROL, OR ADDRESS ENVIRONMENTAL PROBLEMS
- PROVIDE INFORMATION AND GUIDANCE TO GOVERNMENT OFFICIALS, BUSINESSES, AND THE GENERAL PUBLIC ON POSSIBLE ENVIRONMENTAL HAZARDS AND HEALTH RISKS
- ENSURE THAT ACTIONS COMPLY WITH THE NATIONAL ENVIRONMENTAL POLICY ACT
- PREPARE REPORTS AND PRESENTATIONS TO DOCUMENT RESEARCH AND FINDINGS

HOW TO BECOME ONE

ENVIRONMENTAL SCIENTISTS AND SPECIALISTS TYPICALLY NEED A BACHELOR'S DEGREE IN ENVIRONMENTAL SCIENCE OR A RELATED FIELD. FOR EXAMPLE, STUDENTS MAY MAJOR IN NATURAL RESOURCES, BIOLOGY, OR PHYSICAL SCIENCE. COURSEWORK IN THESE FIELDS OFTEN INCLUDES CHEMISTRY, GEOLOGY, AND PHYSICS. STUDENTS MAY FIND THAT SPECIALIZED COURSES, SUCH AS IN HYDROLOGY, WASTE MANAGEMENT, OR ENVIRONMENTAL POLICY AND REGULATION, ALSO ARE BENEFICIAL.

COMPLETING AN INTERNSHIP OR VOLUNTEERING WITH AN ENVIRONMENTAL SCIENCE ORGANIZATION WHILE IN SCHOOL MAY HELP STUDENTS GAIN PRACTICAL EXPERIENCE.

JOB OUTLOOK & SALARY

PROJECTED JOB GROWTH 7% BETWEEN 2023-2033

MEDIAN SALARY: \$80,060

SEL Tip of the Week

Motivating Messages to Send to Loved Ones

Ordinary & Happy

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- You're doing better than you think; always remember that.
- Hope today brings you lots of reasons to feel great.
- Just wanted to say that you're doing awesome today.
- Just wanted to let you know that I'm so proud of you.
- Take a moment for yourself today; you deserve some space.
- You handle everything so well.
- Remember to stay positive and enjoy the little things.
- Keep being your awesome self!
- You've got this! Take it one step at a time.
- Keep your chin up! I'm here if you need anything.
- You're rocking it today. Keep going!
- Sending all my love your way; you've got this!
- Hope your day is going well. You're stronger than you think!
- You're making progress every day, even if it doesn't feel like it.
- Remember to laugh and enjoy today; you deserve it!
- Hope you're having a good day; keep making things happen.
- You make every day brighter just by being you.
- You're doing a great job juggling everything.
- Hope you have a fantastic day! You deserve it.
- On days there's a lot going on, remember how wonderful you are.
- Just a little reminder that you're incredible and capable of so many things.

Start Small to Go Big

Feeling unmotivated? Try this - set a small goal you know you can reach—like studying for 10 minutes, finishing one assignment, or just showing up. When you hit that goal, you'll feel a little boost. That win gives you energy to keep going. The trick is to build momentum, one small step at a time. Progress > perfection. Always. 🙌

Is a friend or loved one struggling with motivation? Send support through one of these motivational messages!

